

From Tiny Tot to Toddler 2023 edition

What's New?

What's New? summarizes the main changes in the 2023 edition of *From Tiny Tot to Toddler: A practical guide for parents from pregnancy to age two*.

Only changes that affect the content of the guide and are of interest to perinatal and early childhood workers are listed in *What's New?* Rewordings and routine updates to things like telephone numbers and names of organizations, programs, and services are not included.

Updated Health section

The **Health** section has been fully updated for the 2023 edition. The revision work took place over two years, and several revised sections actually appeared in the 2022 edition. The content is based on the latest scientific findings and current practices in Québec.

From Tiny Tot to Toddler and COVID-19

The additions and changes made to the 2021 edition as a result of the COVID-19 pandemic have been preserved or updated. Given that scientific findings about COVID-19 continue to evolve, the text box added on the inside cover in 2021 remains in place for 2023. It indicates that any significant changes to knowledge about COVID-19 and pregnancy or children ages 0 to 2 will be posted on the guide website:

<https://www.inspq.qc.ca/en/tiny-tot>.

COVID-19

Knowledge about COVID-19 is changing fast. If there are any important changes in knowledge concerning pregnant women or children age 0 to 2, they will be posted on the Guide website at [inspq.qc.ca/en/tiny-tot](https://www.inspq.qc.ca/en/tiny-tot)

Page numbers stay the same, except for the Health section

The updates to the **Health** section have affected the page numbers in that section. However, the section still spans pages 591 to 727, so we were able to maintain the usual page numbers for the remainder of the guide. Sections outside the **Health** section that have been moved are listed in this document.

Got suggestions for our team?

Your work with parents and your knowledge of their questions and information needs are invaluable to us. Please feel free to share your suggestions for improving *From Tiny Tot to Toddler* with us.

We also welcome your suggestions for improving *What's New?* It's designed to meet the needs of professionals and we will be happy to proceed with any adjustments that make it even more useful.

Please email your comments to mieuxvivre@inspq.qc.ca.

The *From Tiny Tot to Toddler* team

Pregnancy

Pregnancy

Everyday life during pregnancy

- The old section on **Tobacco, alcohol, and drugs** has been divided up and updated. The information is now presented in three sections: **Tobacco and electronic cigarette**, **Alcohol**, and **Cannabis and other drugs**.

Tobacco and electronic cigarette (page 64)

- Additional information has been provided on electronic cigarette use during pregnancy.

Alcohol (page 66)

- Information about the effects of alcohol on the fetus has been updated based on the Canadian Centre on Substance Use and Addiction's [*Update of Canada's Low-Risk Alcohol Drinking Guidelines: Final Report for Public Consultation \(2022\)*](#).
- A new resource has been added for parents on the risks of consuming alcohol during pregnancy: During pregnancy, go alcohol free - fasd-alcoholfreepregnancy.ca.

Cannabis and other drugs (page 68)

- Information on the use of cannabis and other drugs during pregnancy has been updated.

Pregnancy

Prenatal care

Contact with people with a contagious disease (page 133)

- This section has been revised for clarity.
- A reference to the new **Preventing infections** section has been added (page 638).

Cytomegalovirus (CMV) (page 134)

- A new subsection on the cytomegalovirus has been added.

Pregnancy

Preparing to breastfeed

Making decision to breastfeed

Breastfeeding and health (page 172)

- Further information has been provided on COVID-19 and the contagious period.

"If you have COVID-19, breastfeeding is still recommended. However, you will need to take certain precautions. COVID-19 is contagious for 10 days. During this period, wear a face covering (preferably a medical mask), while feeding. Always wash your hands before feeding your child."

Delivery

Delivery

The first few days

Baby blues (page 260)

- A segment has been added about contacting a CLSC or psychologist if needed.

Depression (page 262)

- Certain parts have been reworded for clarity (e.g., more examples and references to other sections).

Seeking support

- A reminder has been added for parents on the importance of seeking help as soon as they observe signs of depression or feel like things aren't going well.

Sexuality after birth (page 264)

- This section has moved from page 263 to page 264.

Birth control (page 265)

- This section has moved from page 264 to page 265.

Baby

Baby

The newborn

Stools (page 279)

- The description of diarrhea has been updated for consistency with the new **Diarrhea** section (page 662). “If your baby’s stools suddenly become more liquid than usual, it may be a sign of a transient trouble (see **Diarrhea**, page 662).”

Baby

Sleep

- The sections **Sleeping safely**, **Sudden infant death syndrome (SIDS)** and **Babyproofing – The nursery** have been aligned for consistency.

Sleeping safely (page 295)

- This section has been updated for consistency with the Public Health Agency of Canada publication [Safe Sleep for Your Baby \(2021\)](#).

Sudden infant death syndrome (SIDS) (page 298)

- This section has been updated for consistency with the Public Health Agency of Canada publication [Safe Sleep for Your Baby \(2021\)](#) and new recommendations from the American Academy of Pediatrics on reducing infant deaths in the sleep environment (2022).
- Information has been added about vaccination and infant sleep position:
 - Babies who usually sleep on their backs and are then put to sleep on their stomachs are at greater risk for SIDS (page 298).
 - Babies who are breastfed and properly vaccinated have a lower risk of SIDS (page 299).

Baby

Your child's development

Stage of growth

From 18 to 24 months (page 354)

- A paragraph has been added on the 18-month vaccine appointment, during which time is allotted to discuss child development as part of the Agir tôt program. The information is meant to help parents prepare themselves for this appointment.

Feeding your child

Feeding your child

Feeding your baby

Growth spurts (page 372)

- This section has been rewritten to tie in better with the information in the **Baby's growth** section on page 615.

Regurgitation (page 374)

- This section has been rewritten to more clearly distinguish between regurgitation and vomiting (**Vomiting**, p. 665).
"After nursing or feeding, babies may regurgitate, or "spit up," some or all of the milk they have drunk. Regurgitation is effortless, and is normal for babies."

Gas (page 375)

- This section has moved from page 374 to page 375.

Feeding your child

Feeding your child

Milk

The composition of human milk (page 387)

- The **Alcohol** (page 390), **Tobacco and electronic cigarettes** (page 392), and **Cannabis and other drugs** (page 392) sections have been aligned with the corresponding subsections in the **Pregnancy** section.

Alcohol (page 390)

- Information about alcohol consumption by women who are breastfeeding has been updated based on the Canadian Centre on Substance Use and Addiction's [Update of Canada's Low-Risk Alcohol Drinking Guidelines: Final Report for Public Consultation \(2022\)](#).

Tobacco and electronic cigarettes (page 392)

- Information has been added on electronic cigarettes and breastfeeding.

Cannabis and other drugs (page 392)

- Information on how cannabis use by breastfeeding women affects breastfeeding and breastfed babies has been updated.

Feeding your child

Feeding your child

Breastfeeding your baby

Chapter introduction (page 415)

- Further information provided on COVID-19 and the contagious period:
"If you have COVID-19, breastfeeding is still recommended. However, you will need to take certain precautions. COVID-19 is contagious for 10 days. During this period, wear a face covering (preferably a medical mask), while feeding. Always wash your hands before feeding your child."

Breastfeeding problems and solutions (page 468)

- A reference to the **Getting help** section (page 416) has been added each time the text suggests seeing a health professional for a breastfeeding issue. The section provides a range of resources for women who are breastfeeding: Community breastfeeding support groups, Info-Santé, CLSC professionals, IBCLC lactation consultant, breastfeeding clinics, doctors, midwives.

Milk blister (page 487)

- The tips on milk blisters have been removed. The guide now suggests seeing a health professional.

Nipple thrush (page 488)

- The information about gentian violet previously found in the Thrush in the breast subsection (red box) has been moved to the Nipple thrush subsection. The use of gentian violet to treat nipple thrush is not recommended.

Painful breast (page 491)

- The following star box has been added to explain a change in practice:



For a long time, mothers were advised to "empty" their breasts when the breasts were engorged or in the presence of redness or a lump or hard area on the breast. We now know that it is better not to "empty" the breasts to avoid **overproduction of milk**. The current recommendation is to breastfeed or **express** milk by hand, to meet your baby's needs, only.

- The Thrush in the breast section has been removed.

Engorgement (page 492)

- This section has been updated based on the Academy of Breastfeeding Medicine protocol [The Mastitis Spectrum](#) (revised 2022).

Blocked milk ducts (page 493)

- This section and title have been updated based on the Academy of Breastfeeding Medicine protocol [The Mastitis Spectrum](#) (revised 2022).

Mastitis (page 494)

- This section has been updated based on the Academy of Breastfeeding Medicine protocol [The Mastitis Spectrum](#) (revised 2022).

Health

All chapters in the **Health** section have been revised and updated based on the latest findings and practices.

The structure of the section remains the same. It contains four chapters: **A healthy baby**, **Common health problems**, **Keeping baby safe**, and **First aid**. Some of the chapter sections have been moved for consistency and readability.

Here's a look at the main changes:

Highlights of the Health section updates

- New **Nasal irrigation** section added (page 602).
- Infection prevention measures for the whole family have been expanded and clarified in the **Common childhood infections** section on page 637 (e.g., sneezing into your elbow or a tissue, washing objects and surfaces, avoiding contact with saliva, and avoiding contact with sick people).
- The **What to do?** passages have been expanded in the **Colds and flu** (page 655), **Stuffed-up or runny nose** (page 656), **Cough** (page 657), **Sore throat** (page 659) and **Ear infection** (page 660) sections to better equip parents with sick kids.
- The old section on **Diarrhea and vomiting (stomach flu or "gastro")** has been divided up into three sections: **Diarrhea** (page 662), **Vomiting** (page 665), and **Dehydration** (page 667). Information on gastroenteritis is still included on page 664.
- The new **Babyproofing** section (page 683) provides prevention tips for setting up your home.
- Additional emphasis has been put on safety issues with magnets and button cell batteries (e.g., choking and swallowing) in the **Choosing toys** (page 691) and **Small object in the nose** sections (page 711).
- The **Choking** section (page 723) has been redesigned based on the Hero in 30 training session.
- A new **Loss of consciousness** section (page 726) has been added for consistency with the Hero in 30 training session.

Family

Family

Being a mother

Becoming a mother (page 739)

- The section has been adjusted for consistency with the changes in the *Baby blues* (page 260) and *Depression* (page 262) sections.
- Emphasis has been put on the fact that feeling depressed after the arrival of a child does not diminish a mother's parenting skills.

Family

Growing as a family

Taking Baby for a walk (page 758)

- The text has been restructured, including the passages on going out for walks in hot and cold weather.

Baby carriers

- The section has been updated and information from Health Canada on [baby sling and carrier safety](#) has been added.
- A resource for parents on babywearing has been added: Institut national du portage des enfants (INPE), <https://inpe.ca/> (in French only).

Useful Information

Useful Information

Becoming a parent

Before birth

Parental leave and preventive withdrawal

For a Safe Maternity Experience program (page 777)

- The phrase "doctor or nurse practitioner" has been replaced by "health professional in charge of your pregnancy follow-up or postnatal follow-up."

Financial assistance

Tax credit for the treatment of infertility (page 783)

- Artificial insemination treatments have been added.

Temporary reimbursement program for in vitro fertilization services (page 784)

- Régie de l'assurance maladie du Québec's Temporary reimbursement program for in vitro fertilization services has been added.

Useful Information

Becoming a parent

At birth

Registering and choosing a name for your child

Declaration of birth (page 797)

- Additional information has been provided on the persons authorized to complete the declaration of birth.

Choosing a given name and a last name (page 799)

- A segment has been added indicating that parents will no longer be able to give their children more than four given names starting June 8, 2023.